

Sports SUMMER School



Escola Superior
de Desporto de
Rio Maior

[IPSantarém]



General Information

Sport Sciences School of Rio Maior, Portugal is organizing the 2012 Summer School. We intend to provide European higher education students an excellent opportunity to expand and develop their skills in sport, as well as the dissemination of culture and history of one of the most interesting countries of Europe, Portugal. Activities are interesting and challenging, with high academic and professional value. We aim to provide in each activity, an experience tailored to the level of performance of each participant.

Facts & Figures

- Date: from 16th to 20th July 2012.
- Place: Sport Sciences School of Rio Maior, Portugal.
- Further information: www.esdrm.pt

Teachers Qualification

- Teachers are from ESDRM.
- Hold a Master Degree and/or a PhD in the field of Sport Sciences;
- Specialized in the intervention area;
- Pedagogical experience.

Evaluation

The ESDRM Summer School participants will not be submitted to an evaluation program.

Student Fees

- **Option 1** = 210€ incl. VAT. | Includes: Sport Activities lessons, insurance, transportation to Santarém and Peniche, certificate of participation.
 - **Option 2** = 310€ incl. VAT | Includes: 5 nights Bed and Breakfast accommodation*, Sport Activities lessons, insurance, transportation to Batalha and Peniche, certificate of participation.
 - **Option 3** = 380€ incl. VAT. | Includes: 5 nights Full board accommodation*, Sport Activities lessons, insurance, transportation to Batalha and Peniche, certificate of participation.
- Students have to cover travel costs in addition.

Organization: Escola Superior de Desporto de Rio Maior

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Sport Sciences
School of Rio Maior
Portugal

International
Mobility Office

ESDRM Summer School Overview

Responsible Organizer: Prof. Dr. Marta Martins under supervision of the ESDRM Board.

Learning Outcome: Provide students a wide range of content, from the practice of the English language - the language in which the actions will be developed - sports activities and field trips, integrated in a truly multinational environment.

Content: Fitness Activities (6 hours): Hip-hop, dance, zumba, intro to yoga, relaxation and meditation techniques; Coaching (6 hours): Self-esteem development, observation negotiation and agility; Swimming Pool activities (6 hours): Aquatic games; mini polo; kayak polo; Rock Climbing (6 hours); Surf and bodyboard (6 hours)

Student Eligibility: Bachelor Student

Workload: 30 Hours

ECTS: 1 ECTS

Limit of Participants: Minimum of 15 and maximum of 25.

Dates & Reminders

Registration Form

Please fill in the registration form and attach the following documents:

Enrollment certification from the home university;

European Health Care card copy;

Copy of Citizen Identification Card;

Deadline Registration

9th July

Cancellation Policy

Cancellations must be received in writing in order for refunds to be processed.

50% refunds for cancellations received in writing by 25th June 2012.

100% cancellation fee for cancellations received in writing by 9th July 2012 and onwards

Location

- Sport Sciences School of Rio Maior, Portugal.
- City Campus and Sport Facilities.
- Santarém, rock climbing facilities
- Peniche, beach facilities.
- Local Organizer: Prof. Dr. Marta Martins and her team.